

NUTRITION EDUCATION LESSON PLAN

Local WIC Provider:

Lesson Title: Make A Change	Developed by: Colorado State University	Date: 2009
	<local agency nutritionist name>	Review Date:

MOWINS NE topic(s): Other (document FNEP in general notes) and Dietary Guidelines

Target Population*: Everyone ☒ Group Session

Learning Objective(s):

Participants identify different fats and their health risks/benefits. They identify sources of fat in the diet and how to reduce fat. A fast food meal is analyzed for its fat content. Students describe why it is important to limit sugar and identify the amount of sugar in soft drinks of different sizes. They identify ways to reduce sugar. Students describe why it is important to limit salt and how to reduce salt. They participate in physical activity. They set activity goals and goals to reduce fat, sugar or salt.

Learning Activities:

Participants learn about different healthy and unhealthy fats and why it is important to limit fat in the diet. They discuss how they can reduce fat including what they can do when eating out. The fat content of fast foods is compared using fast food nutrition information brochures. Participants engage in physical activity. The sugar content of different sizes of soft drinks is compared. Participants discuss how to reduce sugar. The importance of reducing salt is introduced as well as identifying high sodium foods. Participants discuss how to reduce salt. They set goals to reduce fat, sugar or salt and be active.

Content:

Too much sugar, fat and salt in the diet causes health problems. There are ways we can reduce the amount of sugar, fat and salt in the foods we eat. Getting started early in life, can help children choose low sugar, fat and salt foods throughout their life.

Methods, Materials, and Equipment

Handouts and worksheets reinforce the learning activities and content. Visuals are used. When time and facilities allow a food tasting, demo or preparation is conducted.

Est. Cost:

Evaluation Method:

1. Participants review FNEP Worksheet for this lesson and complete "goal setting" on page 4. Volunteers will share with the group their goal and ways they are planning to achieve this goal with their families. 2. Participants will recall benefits of decreasing sugar, fat, and salt in their diet and identify strategies for decreasing sugar, fat, and salt intake.